

COPING WITH COVID-19

Making a Diabetes Disaster Kit



“We cannot predict what will happen tomorrow, but we can prepare ourselves to face it.” – Unknown

Coronavirus Disease 2019 (COVID-19) poses a risk to persons with chronic diseases. This fact sheet is to help keep persons with diabetes healthy during this pandemic.

DIABETES DISASTER KIT

When you have diabetes, it is very important to monitor your blood glucose levels. Keeping a medication schedule to manage blood glucose levels is challenging when there isn't a disaster.

Having a diabetes disaster kit can help you be ready at a moment's notice when disaster does strike. Plan to stay healthy during a natural disaster.

CREATING YOUR PERFECT KIT

Use a waterproof container or bag to put all the items needed for your diabetes kit.

Key Items to consider:

- How easy is it to carry?
- Where will you keep it?

Things to Put in Your Kit:

- List of prescriptions
 - What
 - When
 - How much
- List of Important information
- At least 7-days of diabetes supplies
- Blood glucose test kit
- First-aid supplies
- Other supplies like cash and a flashlight



BLOOD GLUCOSE TEST KIT:

- Glucometer
- Testing strips
- Lancets
- Glucose pump or continuous glucose monitor
- Extra
- batteries

If you lose power and you have unused insulin, don't throw it out! In an emergency, it is okay to use expired or non-refrigerated insulin.

Source: Adapted from American Association of Clinical Endocrinologists (AACE) - My Diabetes Emergency Plan.

7-DAYS OF DIABETES SUPPLIES

- Syringes
- Pen needles
- Alcohol wipes
- Supplies for glucose pump or CGM

IMPORTANT INFORMATION:

- Healthcare providers' names and numbers
- Phone numbers of friends and family
- Pharmacy name and number
- Copy of health insurance & photo ID



RESOURCES

Check out these resources for more information:

- <https://www.diabetesdisasterresponse.org/covid19update>
- <https://www.diabetes.org/coronavirus-covid-19>
- www.diabetesdisasterresponse.org

Call your healthcare provider immediately and seek emergency assistance if you are vomiting or have severe difficulty breathing or diarrhea.

HEALTH TIPS: IF YOU CONTRACT COVID -19

- Monitor your blood sugar and ketones more often.
- Take more insulin to bring down blood glucose levels if needed.
- Watch out for ketones to prevent diabetic ketoacidosis (DKA).
- Stay hydrated by drinking small sips throughout the day if you have trouble keeping water down.
- If you have low blood sugar (below 70 mg/dl or your target range), eat or drink 15 grams of simple carbs:
 - A tablespoon of honey, sugar, or jam or 2 tablespoons of raisins or dried cranberries
 - 1/2 cup (4 ounces) of fruit juice or 1/2 can of regular soda
- Re-check your blood sugar in 15 minutes to make sure your levels are rising.
- Check your blood sugar several times throughout the day and night (generally, every 2-3 hours); if using a continuous glucose monitor (CGM), monitor frequently.
 - Check your blood sugar using finger sticks if you are taking acetaminophen (Tylenol).

For General Health Information: [cdc.gov](https://www.cdc.gov)

TN COVID-19 Information: <https://www.tn.gov/health/cedep/ncov.html>

TN Mental Health Hotline: 1-855-274-7471

TN Addiction and Recovery Hotline: 1-800-889-9789

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